

TWO LAKES TRAIL RUN

Saturday, October 13, 2007

MONTGOMERY BELL STATE PARK, BURNS TN

Part of the 29th Annual Tennessee State Park Running Tour

Park Location On Highway 70 between White Bluff and Dickson. From Nashville, I-40 West 25 miles to Hwy 96 exit going West for 10 miles. Turn right on Hwy 70 to the park entrance after 4 miles. Enter and turn right at campground (1/2 Mi). Park info 615-797-9051.

Start and Finish at the ballpark pavilion Race starts at 11:00 AM central time.

Course One loop with a total distance of 7.5 miles. Water at 3, 5 and 7 Mi.

Pre-registration at *Active.com*. [Link to event #1471324.](#)

Race Day Registration at the Pavilion from 9:00 to 10:45 AM.

Long Sleeve T-shirt guaranteed to all pre-registered runners.

Awards: Ten-year age groups from 19 and under with 3 awards in each category to 70 and over. Special awards to the overall, master finishers.

Special Award to runners who have also completed Big South Fork 18 Miler near Oneida on September 29 and Stump Jump 31 Miler near Chattanooga on October 6.

Race Director: John Spencer (615-441-5915) or Jvspencer@comcast.net

Entry Fee is \$15.00 with or \$5.00 without shirt, payable to Two Lakes Trail. Race day fee \$10.00. Pre-registration deadline is October 6, 2007 (received).

Extra shirts may be available after the race for \$10.

Entry fees are non-refundable. Awards and shirts will not be mailed.

Mail registration to: **Two Lakes Trail Run**
104 Clairmont Drive
Dickson, TN 37055

[Link to Registration Forms](#)